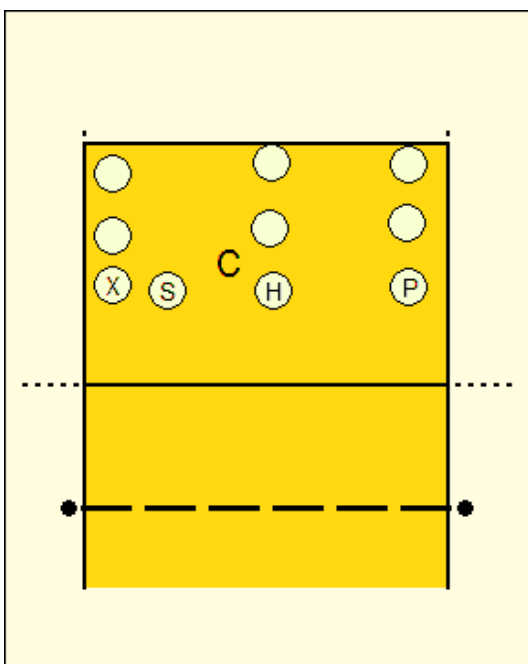




Drill	Kill the Setter Drill
Purpose	Setter accuracy while transitioning from defense to offense
Notes	Conditioning for setter as well as running an offense

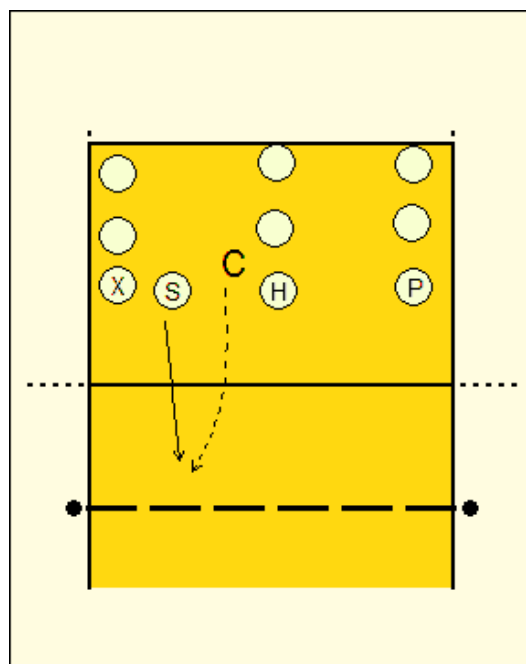
Step 1



Starting Position

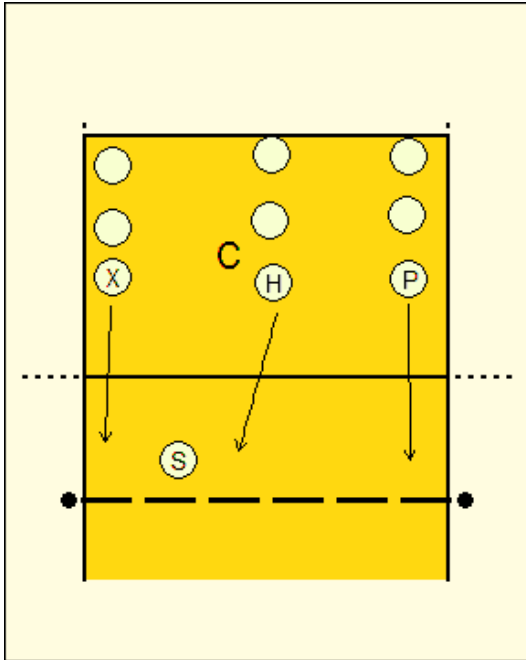
- The coach will be tossing the ball from the middle of the court
- There will be three lines of players
- The outside hitters (P) in one line
- The middle blockers (H) in another line
- The opposite hitters (X) in the other line

Step 2



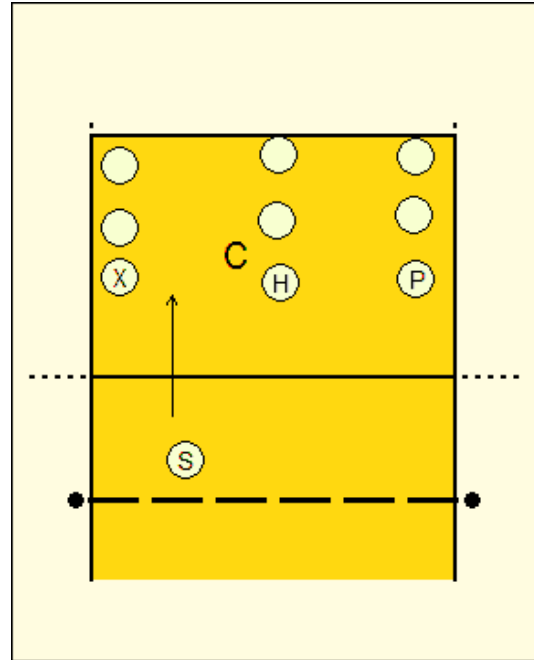
- The setter will move into setting position
- The coach will toss the ball to the setter. The tosses throughout this drill should be quick to keep the setter moving

Step 3



- The first player in each line will do their hitting approach
- The setter will set to the hitter of their choice
- The player that hits the ball will go get the ball they hit

Step 4



- The setter will then transition back to home position
- The coach will toss the ball again
- The drill continues until there are 10 good hits that land in-bounds
- Once 10 hits land in-bounds, switch setters and continue the drill